

Alton - East St. Louis - Edwardsville

the ALESTLE

September 10, 2015 Vol. 68 No. 3

INSIDE THE ISSUE:

School of
Pharmacy
awarded grants
that 'put SIUE on
the map'

PAGE 2

St. Louis Blues
broadcaster
and alumnus
John Kelly
visits campus

PAGE 11

Metro East Eats:

Fall Favorites

FRESH
PICKED!

APPLES

| Photo by Caitlin Lally/Alestle



ALESTLELIVE.COM



@THEALESTLE



THEALESTLE



FACEBOOK.COM/ALESTLELIVE

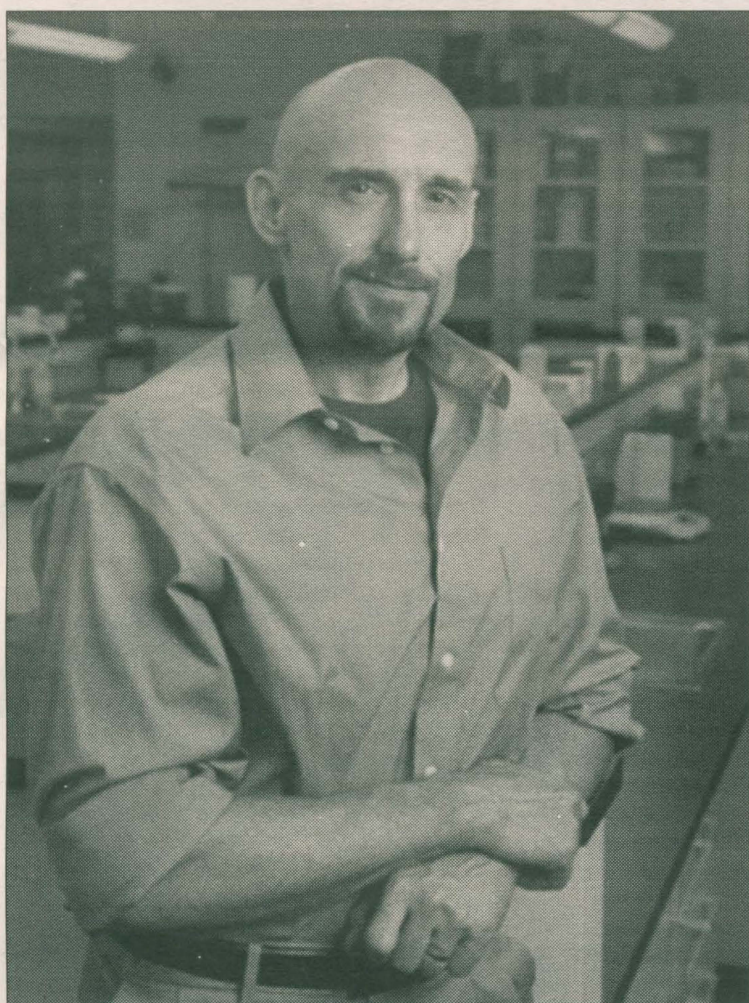
NEWS

2 // The Alestle

www.alestlelive.com

Thursday, September 10, 2015

National Institute of Health awards School of Pharmacy, professor grants for dietary research



School of Pharmacy professor Ken Witt

| Photo via siue.edu

MADISON O'BRIEN
Alestle Reporter

The School of Pharmacy has been awarded a \$398,000 Research Grant Award from the National Institutes of Health via the division of the National Institute of Neurological Disorders and Stroke to assess the effects of various dietary fats on the brain vasculature in association with inflammation.

This is the second grant presented to Ken Witt, professor in the Department of Pharmaceutical Sciences in the School of Pharmacy.

The \$2.65 million ROI grant dedicated to Alzheimer's research was Witt's first that he received in June of 2015.

"The Alzheimer's research grant is dedicated to a drug development program and involves several collaborators and numerous technologies. The impact of Alzheimer's disease in the U.S. and throughout the world has become increasingly evident. Clearly, Alzheimer's disease represents an enormous threat, given its limited treatment options, enormous costs and increased prevalence in our aging population," Witt said.

Gireesh Gupchup, the dean of the School of Pharmacy, said the two grants have come in quick succession for the university, especially for a non research-based school such as SIUE.

"It is pretty impressive, and we are probably one of a handful of schools that have two active grants, putting SIUE and the School of Pharmacy on the

map," Gupchup said.

Gupchup believes the School of Pharmacy continues receiving grants because of the faith and promise the NIH has in Witt's work.

"Witt is becoming known internationally now for the pharmacology of the brain. It is very difficult to receive grants from [the] NIH, and it has continued to be given to him because the ideas he has had and the promise of what he conjured will happen," Gupchup said.

Witt is working on his newest project with Karin Sandoval, research professor in the Department of Pharmaceutical Sciences, and Joshua Wooten, professor in the Department of Kinesiology and Health Education.

"The focus of the research centers on the effects of different diets and their inflammatory contributions to vascular changes in the brain and corresponding impact on brain function/disease," Witt said.

Witt's team is evaluating diets that meet the criteria of high fat, "unhealthy," and low fat, "healthy." They are also assessing the impact of the form of fats, specifically a lard-base versus a fish oil-based composition.

"This will help us delineate diet composition to vasculature health and brain related disease," Witt said.

Witt explained that the process for getting a grant is quite involved and does require application.

"Many things are taken into account when awarding any

grant via the NIH, including the researcher's history in the specific field of study, capacity to do the work, innovation and capacity to enhance health outcomes of the U.S. population," Witt said.

Only about 5-15% of grant applications to the NIH are awarded, and that depends on several factors including the divisional branch to which the application is sent.

The grant money will be used to cover a portion of student and faculty salaries, but the majority of the money goes to the actual research costs.

Witt said laboratory research can be quite expensive, with one preliminary experiment running several thousands of dollars.

"In a series of examinations, my laboratory, in collaboration with Dr. Karin Sandoval and Dr. Josh Wooten will assess different dietary fats and their effects on the brain microvasculature in conjunction with inflammation and general health," Witt said.

Wooten describes his role as a co-investigator in the research,

research is the dissemination of knowledge. In this regard, the publication and presentation of the study's outcomes is key," Witt said.

Witt is excited about receiving the grant, but wants people to remember that regardless of the amount of money received, the money simply provides the necessary means to do the work and getting it is not itself the goal.

"The grant is great for the department as it helps further propel our research forward. Although I must point out I am not the only individual in our department with NIH funding and we are a very collaborative group," Witt said.

Wooten said getting one grant is great, but getting two is amazing.

"It is great to be a part of it and it is very exciting. The project is a little bit outside my expertise, but I do have expertise in nutritional components dealing with fish oils more in terms with liver metabolism and liver

inflammation, which crosses over with [the] brain; it was a nice fit for both Witt and I," Wooten said.

More work lies in the future for both Witt and Wooten.

"As is with many, if not all of my colleagues, we find that one idea begets another and another. Making the connections to new and innovative ideas drives the research further," Witt said.

Wooten said he hopes to work on more projects like this in the future.

"The R21 is a starting point, and since it is very preliminary, we can use the data to apply for larger grants. It is a nice stepping-stone to expand our research, while also generating more publication and getting more funding in the future," Wooten said.

Gupchup said this team of research has a lot of promise in studying a compound that can have a major impact on people.

"As a dean, it is very heartening that our faculty is being recognized. We hope that eventually we become very well recognized nationally and SIUE becomes more known. We have already put application in to start a graduate program, and as a result of grants, potential grad students will know of SIUE, and they will want to come here and do quality work. The School of Pharmacy is young, being only in its 11th year, and to have this kind of success is incredible," Gupchup said.

Madison O'Brien can be reached at mobrien@alestlelive.com or 650-3525.

"The focus of the research centers on the effects of different diets and their inflammatory contributions to vascular changes in the brain and corresponding impact on brain function/disease."

Ken Witt

Professor in the School of Pharmacy

and the majority of the study is conducted in his lab.

"We are housing the study over in my department because Witt has so much stuff going on with his other research," Wooten said.

Although the research has just begun, progress has already been made.

"While this particular research program has just started, we have found key tight-junctional proteins of the brain's microvasculature are changed with high-fat diets. This is an indication of vascular adaptation that can potentially mediate the passage of substances from the systemic circulation (i.e. blood) to the brain, and thereby impact brain health," Witt said.

Wooten said the team is only three to four weeks into the study, and it will take several months for all the data to be evaluated.

From their research, Witt and his team hope to find out essentially how our diet, good and bad, impacts the health of our brain's vasculature and how we might be able to enhance the good aspects and reduce the bad in an optimal manner.

"A critical aspect of all



Microscopes in Witt's lab assist in his study of dietary effects on the brain.

| Photo by Christian Sykes/Alestle

Facilities Management sheds light on campus power outage

JESSICA ORANIKA
Alestle Reporter

Southern Illinois University of Edwardsville experienced two power outages on Tuesday September 1st. The first one was unexpected and lasted for about two-hours. Most of the buildings on campus were affected including Evergreen Hall. Rendleman Hall was not affected.

The power outage resulted in some classes being canceled and student employees being sent home from work. However, some professors opted to continue class despite the lapse in power. According to sophomore pre-nursing major Aleasha Jones of O'fallon, her classmates and teacher worked together to keep class running smoothly even in the dark.

"I was sitting in class and the lights suddenly went out. The teacher stopped teaching for a second, then she told everyone who had laptops to turn them on and share with people around them. The projector was off so other people in the class had to tell the teacher what was on the slides and then she lectured on them. There was only about 15 minutes left of the class so we just improvised until the class was over," said Jones.

According to the Director of Facilities Management, Paul Fuligni, the first power outage was a result of an emergency which required Ameren to shut off power to avoid damage to equipment.

"During the first power outage, one of the two electrical circuits were turned off because of an emergency. An electricity transformer that converts high voltage electricity to low-voltage electricity had a short. It could have threatened their equipment. They were not able to warn us in advance," Fuligni said.

The power took more

than two hours to be restored because the power outage was not anticipated and SIUE Facilities Management was caught off guard. Fuligni was not frustrated by the fact that the power outage was a complete surprise.

"[Emergencies] happen sometimes. We understood," Fuligni said.

After the source of the problem was addressed, electricians worked quickly to switch the circuits so that power could be reinstated.

"Once we learned what was going on, we were able to send an electrician to switch from the bad circuits to good circuits and the power came back on," Fuligni said.

Later on that evening, SIUE experienced a second power outage. This time the power outage was planned, as Ameren was able to notify SIUE ahead of time.

"Ameren discovered another problem and we were able to talk to them and notify people in advance," Fuligni said.

Students and faculty were sent e-Lerts and emails warning of the intended power outage. At 3:13 pm, SIUE's twitter tweeted,

"At approximately 4p.m., the Edwardsville campus will experience a short power outage to avoid damage to electrical equipment."

Ameren was able to work with Facilities Management to schedule a more convenient time for the power to be shut off. They chose to postpone it until 4:00 since most people would off campus by then. Teachers of evening classes were informed.

"We chose for the power outage to be delayed to the evening so that the effects of the outage would be minimized and less people affected.

The second power outage only lasted for about 20 minutes.

Jessica Oranika can be reached at joranika@alestlelive.com.

We Care Clinic awarded \$1.5 million to expand services

MICHAEL ORANIKA
Alestle Reporter

The Health Resources and Services Administration recently awarded the We Care Clinic of East St. Louis with a \$1.5 million grant enabling medical care for patients in the East St. Louis and surrounding areas.

The clinic, which began in 1998, is managed by SIUE's School of Nursing. Kim White, clinic nurse specialist and We Care director, said the clinic applied for the grant in Feb. 2014 and was finally awarded on July 1, 2015.

"Approximately two-and-a-half years ago, we completely restructured the clinic so that it is now a primary care clinic with a community outreach component," White said. "We have patients from Washington Park and Vermont City, and we have had some patients from the Lake Zurich area, so it's kind of expanded a little bit in the past year."

White said patients range from ages 2 and up, and unlike many medical providers, We Care accepts Medicaid, which a large portion of patients have.

According to White, the grant is for interdisciplinary prac-



Kim White (left) and Linda Omondi (right) at the We Care Clinic in St. Louis, MO.
| Photo by Michael Oranika/Alestle

tice and education. It will fund services offered by the School of Nursing, School of Pharmacy, School of General Medicine and School of Social Work with a goal to have a nurse/patient advocate who will coordinate services between the various disciplines all under one roof.

"One of the things that we have done is we ended up with a large conference room that's across the hallway between us and the dental clinic that will be used for our patient education, and [the] pharmacy has moved from downstairs [and] is moving

up here to the second floor, so we'll be in the same area," White said.

The We Care Clinic, which sometimes hosts clinical rotations for SIUE nursing students, has grown from a pediatric-based clinic to a community outreach project. Their vision, to 'Provide educational experiences to undergraduate and graduate students that promote intellectual, spiritual, ethical and social growth', has remained true to this day.

Michael Oranika can be reached at moranika@alestlelive.com or 650-3525.

Follow @thealestle
on Instagram!



edwardsville
FAMILY DENTIST

EDWARDSVILLE FAMILY DENTIST
PROUDLY ACCEPTING DELTA DENTAL,
THE DENTAL INSURANCE OF
ALL SIUE EMPLOYEES!
CALL TODAY TO MAKE AN APPOINTMENT!

618-659-0456
DR. BEAU MOODY

CLEANING,
EXAM,
& X-RAYS

ONLY \$55

Cannot be combined with insurance.
Excludes gum disease. Expires in 60 days.
Restrictions Apply

Special for uninsured SIUE students

EDWARDSVILLE FAMILY DENTIST
122 NORTH KANSAS ST.
EDWARDSVILLE, IL 62605
WWW.EDWARDSVILLEIDENTIST.COM

RECESS BREWING PRESENTS
OKTOBERFEST
»»» OCT 3 2015 «««



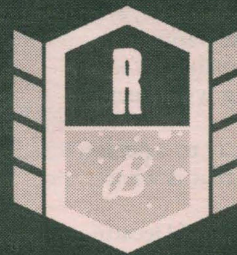
SESSION 1:
12-4PM

SESSION 2:
6-10PM

\$25
ONE
SESSION
\$30 at the door

\$45
BOTH
SESSIONS
\$50 at the door

Session purchase includes one stein and three event tokens. Event tokens are redeemable for drinks and/or food. Additional tokens may be purchased at the event.



RECESS
Brewing

307 N. MAIN STREET » EDWARDSVILLE, IL » 618.692.5101 » RECESSBREWING.COM

SIUE to host 15th annual 'Walk to Stop Diabetes'



Participants walk in the "Walk to Stop Diabetes" hosted by the American Diabetes Association from previous years.

| Photos courtesy of Rawnie Berry

MICHAEL ORANIKA
Alestle Reporter

The American Diabetes Association will hold its 15th annual "Walk to Stop Diabetes" at SIUE Monday, Sept. 19, to raise funds for diabetes prevention.

Rawnie Berry, the American Diabetes Association Metro East manager, who organized the event, said the fundraiser is expecting at least 700 participants, many of them students. The organization has already raised about \$85,000 from sponsors.

"Students can be involved in the walk by registering and spreading the word through social media apps. You can have people join your team and you can have them donate to you or to the team and grow your team. If they don't want to join your team, they can build their own, but you can walk in as an individual walker as well. You don't even have to be on a team. If you're not there that day or able to be there on the 19th of September, you can walk in as a virtual walker and do everything virtually," Berry said.

Berry said funds raised by the walk will go toward patient care and research, which is funded through grants administered by the ADA. Berry's group also

provides advocacy for diabetes patients.

"We have an organization that helps people if they're being discriminated against for insurance purposes, through employers or through a school. Some people can be treated unfairly if they miss work a lot or if they're sick, so we're there to help," Berry said.

Berry said the Walk to Stop Diabetes raised \$117,000 in 2014 through sponsors such as SIUE, which funded this year's walk from donations by student organizations. The walk is expected to raise \$125,000 this year.

"There's been a lot of progress," Berry said. "I can't

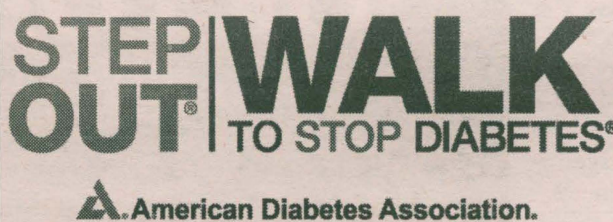
necessarily say 'breakthrough' because diabetes is complicated, but in the years we've been researching and educating people, there's been a lot of good things like better medicine and technology, which means better care. When my great-grandmother had diabetes, these needles were huge. My grandfather had to sharpen them on a sharpening stone. Now they have these little nanoneedles—I mean, you barely even feel them."

The walk will have a health and wellness tent for free blood pressure and glucose testing, as well as provide special privileges to participants with diabetes.

"When a person has diabetes or registers and let us know they have diabetes, we call them a red strider and we give them a red hat — they are folks with diabetes and we know they exist," Berry said. "A red strider who raises \$500 gets a special long sleeve red shirt. Any person who raises \$1000 gets a special black shirt because they're a champion."

The walk will be held 10:00 a.m. Saturday, Sept. 19, in Parking Lot A. Students can register online at www.diabetes.org.

Michael Oranika can be reached at moranika@alestlelive.com or 650-3525.



Write Love on Her Arms for suicide prevention

MADISON O'BRIEN
Alestle Reporter

Over 800,000 people commit suicide across the world each year, and that is why, on Sept. 10, World Suicide Prevention Day (WSPD) is so significant.

"Preventing Suicide: Reaching Out and Saving Lives" is the theme of the 2015 World Suicide Prevention Day.

World Suicide Prevention Day has been held on Sept. 10 for 12 years now, and its purpose is to educate

"You never know the kind of pain that people are going through, and one act of kindness can go a long way."

Kaitlin Hunk
Sophomore nursing major

individuals in hopes to prevent future suicides.

This day is an initiative of the International Association for Suicide Prevention (IASP) that wants us all to consider the role that we each individually play in offering support to those who are struggling with suicidal thoughts.

One act of compassion can go a long way to a person who is battling with suicidal thoughts, and that is what this day is all about.

Sophomore nursing major Kaitlin Hunk, of Decatur, said it is amazing that a day is dedicated to preventing suicide each year.

"I have never known anyone who has committed sui-

cide, but the number of people that do [commit suicide] a year is startling," Hunk said.

Hunk said that even on days when she isn't the happiest, she always tries to show kindness to others.

"You never know the kind of pain that people are going through, and one act of kindness can go a long way," Hunk said.

IASP states that isolation can greatly increase the risk of suicide. Listening to a person in need and letting them

know you care can be a game-changer for a conflicted individual.

IASP also wants to encourage individuals to reach out to families and friends of those that have been affected by suicide. It is important for people to learn from each other's stories, so that they can practice effective interventions in the future.

Freshman business major Samantha Bonds, of Mt. Zion, said she had no idea this day existed.

"I wish people, more people, knew about this day. It is really important to listen and talk with people that have suicidal thoughts, because you could be saving their life," Bonds said.

Bonds said she knew someone who had taken their own life.

"It is a tragic experience for everyone involved. If more people were educated on ways of preventing it, more lives could be saved," Bonds said.

On Sept. 10, IASP said they want people to join with others around the world who are working toward the common goal of preventing suicide.

You can show your support by organizing or taking part in a WSPD activity in your area and/or join in with IASP's Cycle Around the Globe.

For more information, you can visit www.iasp.info/wspd/.

Madison O'Brien can be reached at mobrien@alestlelive.com or 650-3525.



For World Suicide Prevention day, this year's slogan is 'We'll see you tomorrow' | Photo via twloha.com

Kick-off meeting for Safe Zone

MICHAEL ORANIKA
Alestle Reporter

SafeZone held its first general meeting of the fall semester on Wed, Sept 8, in room 1201 of the Morris University center.

Dayna Henry, Assistant Professor of Community Health Education said the organization, which is made up of faculty, staff and students, is for those who identify as LGBT, an ally, or anyone interested in making the campus a safer place."

"We try to create Allies all across campus and they can display if they have an office or a room. It's a placard that says 'Safe Zone,'" Henry said. "The idea is that if an LGBT or any individual struggling with issues just wants some place to talk about things they can see that and know they're a safe place to talk about something."

According to Jamie Matthews, Safe Zone's newest staff coach and assistant director of the Morris University Center, Safe Zone is very active in the community, participating in lo-

cal events such as the St. Louis Pride festival for the past 3 years.

"In the last several years safezone has done a lot to ramp our efforts," Matthews said. "We've done a lot of work to increase visibility on campus and the reach of our programs. We really just want to raise awareness that SIUE is a great place to work, go to school or visit."

Safe Zone also has a number of involvement activities planned for members who are interested.

"We send members to Camp Pride and they come back with lots of ideas and information and they also get a sense of what's going on at other universities and can share those ideas with us," Henry said.

According to Henry, Safe Zone is in the process of developing a 'rainbow graduation', a graduation ceremony for LGBT students, after observing the success of such ceremonies at other universities.

"We don't have a rainbow

Read more about Safe Zone at alestlelive.com

no day
but today
to get your news.

The
ALESTLE

Alestlelive.com

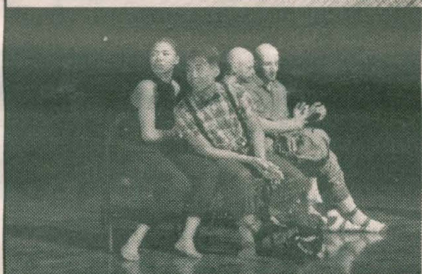
A Southern Illinois University
Student Publication

arts & issues

Season 2015-2016

Tickets can be purchased at the Morris University Welcome Desk or by visiting artsandissues.com.

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE
COLLEGE OF ARTS & SCIENCES



SIUE Xfest and Arts & Issues present
Lucky Plush Productions

The Queue

Sponsored by Commerce Bank

Wednesday, Sept. 23, 2015, 7:30 p.m.
Dunham Hall Theater

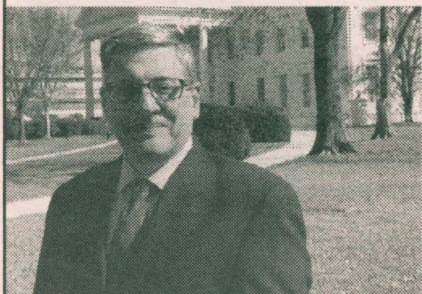


SIUE and SIUC Combined Orchestra

Featuring Sara Sant'Ambrogio

Sponsored by Scott Credit Union

Michael Mishra, SIUE Conductor,
Edward Benyas, SIUC Conductor
Monday, Oct. 26, 2015, 7:30 p.m.
Dunham Hall Theater



Peter Maer

My Journey from Granite City
to the White House

Thursday, Nov. 12, 2015, 7:30 p.m.
Meridian Ballroom,
Morris University Center

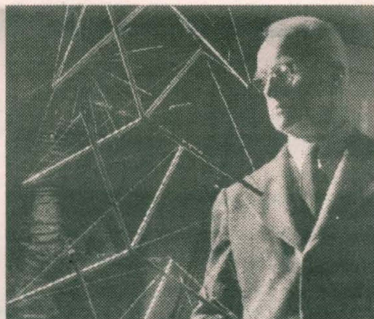


George Winston

Solo Piano - The Winter Show

Sponsored by TheBANK of Edwardsville

Sunday, Dec. 13, 2015, 2 p.m.
Meridian Ballroom, Morris University Center



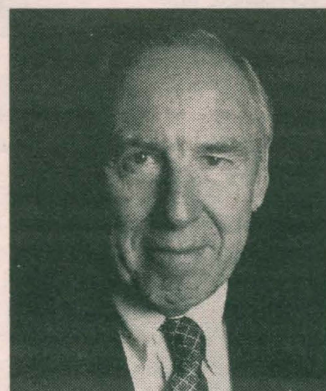
The Center for Spirituality and Sustainability
and Arts & Issues present

R. Buckminster Fuller:

THE HISTORY (and Mystery)
OF THE UNIVERSE

Written and performed by D. W. Jacobs
from the life, work and writings of
R. Buckminster Fuller

Thursday, March 31, 2016, 7:30 p.m.
Center for Spirituality and Sustainability, SIUE



The Department of Physics' Shaw Lecture Series
and Arts & Issues present

Capt. Jim Lovell

Apollo 13: A Successful Failure

Sponsored by Madison County Regional Office
of Education, SIUE Graduate School and the
Illinois State Academy of Science (ISAS)

Friday, April 15, 2016, 7:30 p.m.
Meridian Ballroom, Morris University Center

Intelligencer





| Photo by Caitlin Lally / Alestle

Metro East Eats:

Apple Harvest

The Alestle staff visited five locations in the Metro East that featured apple specialties on their menus. We reviewed each restaurant based on the following criteria: freshness, taste, appearance, price and service. Scores were determined by each staff member's satisfaction.

My Just Desserts

31 E. Broadway, Alton
about 30 minutes from campus
Score: 24/25

My Just Desserts is a perfect lunch spot. The food is great; the atmosphere is cheery and cute, and the location is wonderful. We thoroughly enjoyed our entire experience there, including the incredible apple crisp.

The ambiance at My Just Desserts can best be described as adorable; it's a quaint, friendly little place in downtown Alton overlooking the Mississippi River with an authentic, homey feel. The service was friendly and not rushed at all. The menu changes often, depending on what the cook makes, and they have a beautifully large and varied dessert selection.

The apple crisp was relatively well-priced; at just \$5, it settled a few dollars cheaper than most desserts. My Just Desserts maintains fair pricing for the portion size and quality of the food, and their apple crisp was no exception.

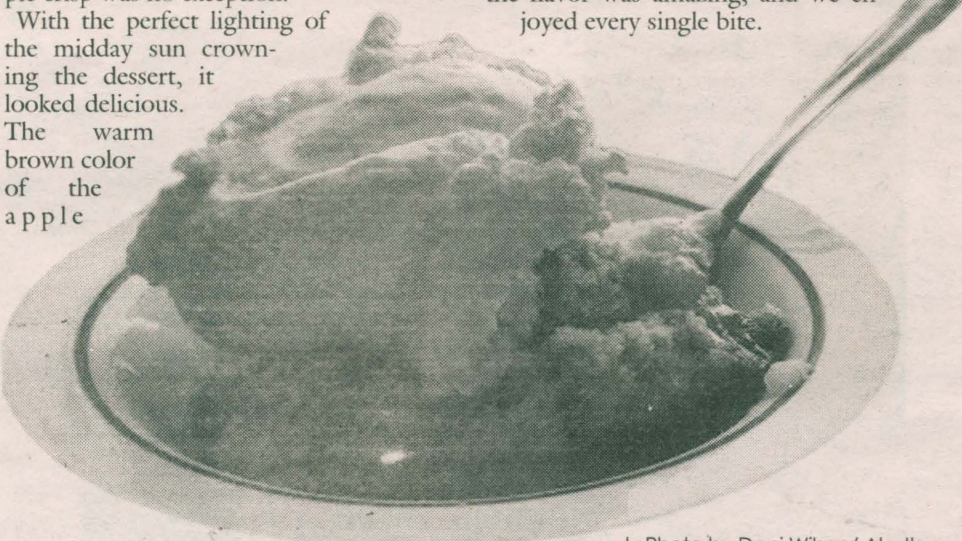
With the perfect lighting of the midday sun crowning the dessert, it looked delicious.

The warm brown color of the apple

crisp sprinkled with cinnamon was topped with scrumptious vanilla ice cream. At the same time, it wasn't overly commercialized like a lot of restaurants. There were no garnishes or drizzles placed to make it look fancy — it was simple and appetizing all on its own.

A shining feature of My Just Desserts is the feeling of receiving a home-cooked meal, and the apple crisp was no different. Freshly made the morning of with locally grown apples, it was perfectly warmed with crispy, crunchy bites, and the heaping scoop of ice cream topped it off.

As wonderful as the dessert looked, it tasted even better. The apples weren't overcooked or undercooked, the top of it was flavorful and splendidly crunchy, and the ice cream was to die for. With even proportions of ice cream to apple crisp, the flavor was amazing, and we enjoyed every single bite.



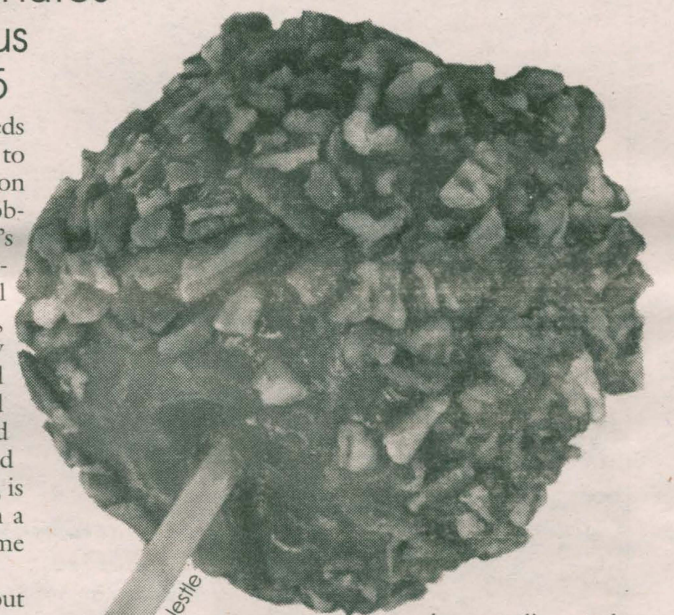
| Photo by Dani Wilson / Alestle

Bobby's Frozen Custard

2525 N. Center St., Maryville
about 15 minutes from campus
Score: 23/25

Anyone who needs something sweet to welcome apple season should check out Bobby's Frozen Custard's latest seasonal selection — the caramel pecan apple. The treat, a juicy green Granny Smith apple dipped in caramel then rolled in crushed pecans and peanuts and neatly tied with an orange ribbon, is sure to leave you with a sweet tooth just in time for Halloween.

We arrived at about 8 p.m. — two hours before closing, but plenty of time to soak in the '50s rock n' roll atmosphere the business radiates. We approached the building which was brilliantly illuminated against the night sky with neon lights. A waitress dressed to the theme took our order while The Chordettes' "Mr. Sandman" played in the background, adding to the retro feel of the atmosphere.



| Photo by Michael Oranika / Alestle

After a quick glance, we noticed the menu consisted mainly of frozen custard, sundaes, malts and a huge assortment of mouthwatering toppings such as roasted nuts, candy pieces and hot fudge, all hovering around the \$5 price range. To our delight, the caramel pecan apple cost \$4.99.

The caramel pecan apple itself was delicious. The tanginess of the

apple complimented the sweet, chewy texture of the caramel, which was all brought together by the crunchy pecans. The drive wasn't bad either — just 15 minutes from campus.

This didn't take away much from the experience, which is sure to suit any family outing or maybe just two friends who want to catch up. If any of these pleasures are on your autumn bucket list, head on down to Bobby's Frozen Custard and grab a caramel pecan apple.

222 Artisan Bakery

222 N. Main St., Edwardsville
about 5 minutes from campus Score: 21/25

If you're craving something sweet, satisfying and inexpensive, then look no further than 222 Artisan Bakery, located in down-

town Edwardsville. Snuggled next to Laurie's Place and across from Sacred Grounds Cafe, this little shop is more than welcom-

ing as your nostrils are immediately captured by the scent of freshly-brewed coffee and the undeniable trace of cinnamon in the air.

We ordered an apple streusel danish, and our expectations were exceeded the moment we laid our eyes on the delectable pastry. The pastry shell was both crunchy on the outside and soft and flaky on the inside, coated with caramelized syrup remnants from the apples that ignite your taste buds on the first bite. The cream cheese filling mixed with the cinnamon apples complimented the surrounding crust, while also melting into a pool of flavor in your mouth. The apples were crunchy and fresh. Paired with a savory cup of Goshen's locally-grown coffee, this breakfast is sure to be one for the books.

The price for the pastry was fairly low; however, the coffee drinks are a little in the pricey range. Also, because this business is local, there is a \$5 minimum if you are us-

ing a debit or credit card. This just means you might as well get two pastries — one for dining in and one for the road.

The service was quick, but given the crowd on a Sunday morning, it was not surprising that there was a bit of a wait. The line was out the door, but soon dissipated, and we made our way to the counter to order. The staff was friendly and quick to take orders. With the large window of pastries taunting your mind, the wait is very short-lived.

Overall, this place is ideal for a Sunday morning breakfast or a good place to bring friends for a cup of coffee or a dessert during the week. You may be paying a little more than Kaldi's Coffee or Starbucks, but for the superior taste and quality, it is worth it. Goshen Coffee is a must if you are in the area or are walking in downtown Edwardsville and looking to try something new and memorable.



| Photo by Cody King / Alestle

Eckert's Country Store & Farm

951 S. Green Mount Road, Belleville
more than 30 minutes from campus Score: 21/25

There is no better way to celebrate the coming of fall than with a trip to Eckert's Country Store & Farm in Belleville for fresh, ready-to-pick apples. Eckert's large estate allows you to dine-in at the restaurant, peruse the baked goodies and specialty items in the country store, indulge in the old-fashioned custard shop and take a tractor ride through the orchard, all at one family-friendly location.

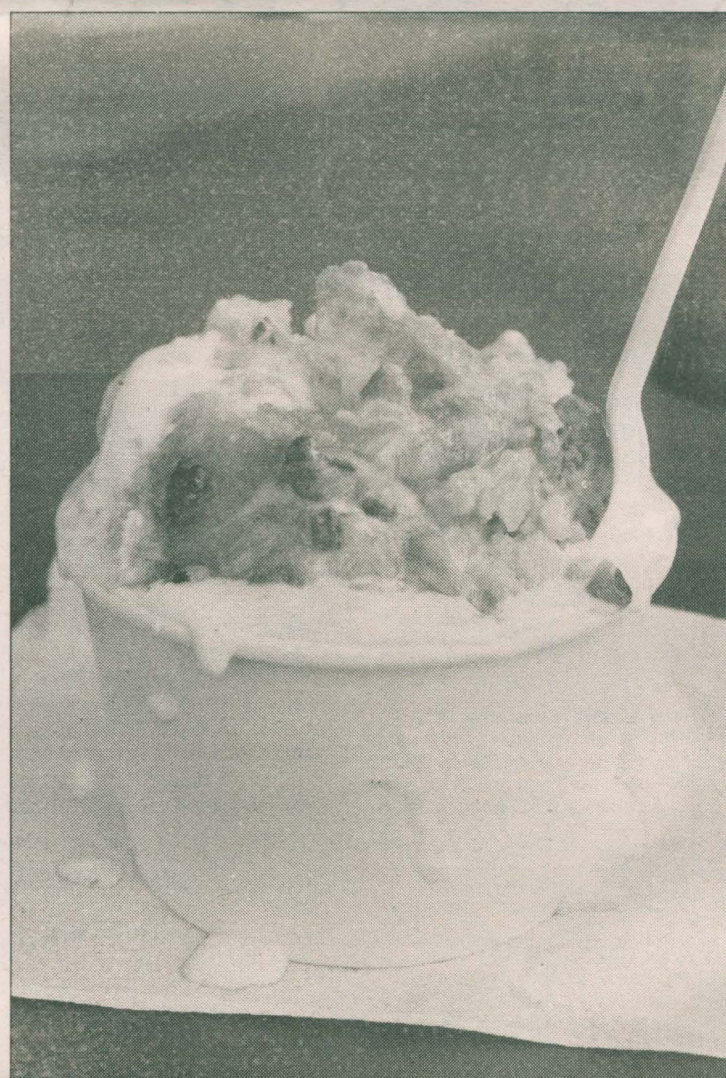
With a myriad of apple-inspired edibles to choose from, ranging from apple butter to apple wine, we decided to try the Dutch Apple Knocker Concrete from the custard shop. Being one of the specialty flavors, it was available as either a sundae or concrete. Service on a Sunday afternoon was swift and friendly, with the treat in our hands in less than 10 minutes for only \$3.

Atop a mound of rich vanilla custard sat chunks of cinnamon apple with walnuts, smooth caramel and crispy pie crust. The walnuts and pie crust added a delightfully different texture to the creamy concoction. All the ingredients blended together with Eckert's farm-grown apples made for a perfect start to the harvest season.

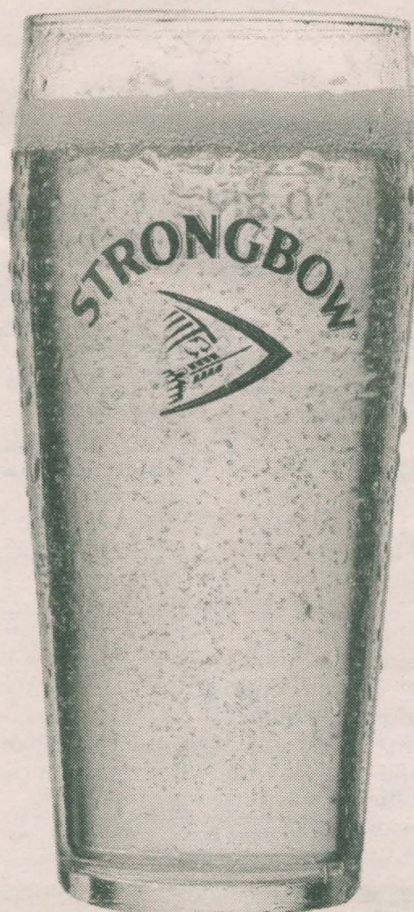
Although it was not scorching hot outside, our concrete began to

melt rather quickly, making it not as visually appealing as it could have been. Regardless, it tickled our taste buds and satisfied our stomachs.

In total, it was a successful trip to the farm, exploring all of this season's favorite flavors and recipes. Whether you want a delectable dessert or a simple, savory snack, visit Eckert's for all the apples you can eat.



| Photo by Caitlin Lally / Alestle



| Photo via Facebook

Global Brew Tap House & Lounge

112 S. Buchanan St., Edwardsville
about 5 minutes from campus

Score: 21/25

For most, fall is the time of year to enjoy playing in piles of leaves, hiking through rows of pumpkins in order to find the perfect one and finding your way through haunted houses and corn mazes, but for those who prefer taking in all that fall has to offer from a barstool, or comfy leather couch in this case, Global Brew Tap House & Lounge is the place for you.

Global Brew is a small chain of microbreweries in the St. Louis area. Of the three locations, the closest to SIUE is on South Buchanan Street atop Wasabi Sushi Bar. Global Brew offers a variety of seating options. A bar spans the entire length of the restaurant with tables and chairs lining the opposite side. As you venture further back in the bar, you will find somewhat of a living room set up with an area rug, two couches and an oversized coffee table.

Among a multiplicity of seasonal drinks on draught, Bulmers

Strongbow Gold Apple Hard Apple Cider is a naturally gluten-free cider. A refreshingly crisp first sip awaits your tastebuds and transports you to the middle of an orchard, surrounded by as many apples imaginable. Strongbow has a very full taste while still being a medium-bodied cider, so you can enjoy more than one without feeling bogged down by your drink. The carbonation tickles your lips in a playful way that keeps you coming back for more, but be careful not to enjoy it too quickly, or it will disappear right before your eyes.

For those of age who are looking for a taste of fall in an alcoholic beverage, look no further than Global Brew for Bulmers Strongbow Gold Apple Hard Apple Cider. Strongbow is available year round and at most grocery stores, so you can enjoy the taste of fall even after the leaves have been blanketed in snow. Please drink responsibly.

Express your opinion 24 hours a day, seven days a week. Polls, message boards and more at www.alestlelive.com.

OPINION

Questions or comments regarding this section? Contact Opinion Editor at 650-3527 or opinion@alestlelive.com.

8 // The Alestle

www.alestlelive.com

Thursday, September 10, 2015

Alton - East St. Louis - Edwardsville
the ALESTLE

Mady O'Reilly
Editor in Chief

Caitlin Lally
Lifestyles Editor

Puja Mehta
Managing Editor

Dani Wilson
Sports Editor

Cody King
Opinion Editor

Elizabeth O'Donnell
Chief Copy Editor

Christian Lee
Photo Editor

Lashai Spencer
Christian Sykes
Photographers

Michael Oranika
Jessica Oranika
Madison O'Brien
Kendra Martin
Reporters

Lauren Lowe
Graphics Manager

Jeff Reul
Writers' Coach

Joseph Scoggins
Advertising Manager

Jordan Sweet
Advertising Consultant

Christal Sampson
Kat Pate
Bryce Radick
Office Secretaries

Angie Trout
Office Manager

Tammy Merrett
Alestle Program Director

Letters to the Editor Policy:

The editors, staff and publishers of the Alestle believe in the free exchange of ideas, concerns and opinions and will publish as many letters as possible.

Letters may be submitted at the Alestle office located in the Morris University Center, Room 2022 or via e-mail at opinion@alestlelive.com.

All hard copy letters should be typed and double-spaced. Letters should be no longer than 500 words.

Include phone number, signature, class rank and major.

We reserve the right to edit letters for grammar and content. Care will be taken to ensure that the letter's message is not lost or altered.

Letters to the editor will not be printed anonymously except under extreme circumstances.

We reserve the right to reject letters.

About the Alestle:
One copy of the Alestle is free.
Additional copies cost \$1 each.

The Alestle is a member of the Illinois College Press Association, the Associated Collegiate Press, College Newspaper, Business & Advertising Managers.

The name Alestle is an acronym derived from the names of the three campus locations of Southern Illinois University Edwardsville: Alton, East St. Louis and Edwardsville.

The Alestle is published on Thursdays in print and on Tuesdays online during the fall and spring semesters. A print edition is available. Wednesdays during summer semesters.

For more information, call 618-650-3528.

For advertising, email advertising@alestlelive.com.

Have a comment?
Let us know!
opinion@alestlelive.com

The Alestle
Campus Box 1167
Edwardsville, Ill. 62026-1167



Get your name in the paper **without** the court date.

Write a letter to the editor.
Send letters to opinion@alestlelive.com.

Hang it up: Unplug from technology, connect to reality

In today's world, smartphones are a necessity. Almost everyone has one, and we are rarely spotted without our phones in hand.

Alestle Staff Editorial

We may be having a conversation with our friends, taking notes in class, or even at work, but we sometimes make our phones more of a priority than anything else. How long can we continue this behavior without becoming artificial?

Our phones are like our friends: smart, funny, reliable, and they make our lives easier. At the touch of a button, we can do almost anything, which admittedly, is very convenient.

However, we've reached a point in our lives where we have lost focus of what is important, such as relationships with our friends or family, our education, and our ability to drive without losing sight of

what's in front of us.

These devices are designed to make our lives easier, but can do just the opposite, and the drawbacks can manifest themselves in more ways than one. We are putting ourselves in danger — from breaking the bonds with our peers and even risking our lives behind the wheel.

We've disconnected from reality, and now it's time we consider our phones as accessories rather than priorities.

There are several ways to make this happen. For starters, simply putting your phone on silent and placing it in the middle of the dinner table alongside your friends' phones could prolong conversation.

You can also leave it in your purse, car, or any other place where you know you won't use it as much when with friends or family.

Some phones even have a "do not disturb" option for the times we need to focus on other

things in our lives, like studying, working and sleeping. It might seem hard at first, but weening yourself off your cellular device can lead to a more spontaneous and meaningful lifestyle.

Also, be sure to keep your cellphone out of reach when driving. No text or phone call is worth risking your life for.

These are big changes in your routine. You won't be carrying your phone with your ringtone cranked up to the max, waiting for the next buzz. Instead, you will be taking the time to appreciate who you're with and what opportunities you have to enjoy yourself.

Regardless, you need to have limitations when it comes to your phone — not only at family or friend gatherings, but also during different points throughout the day.

This will hopefully allow you to see just how nice it is to live outside of the screen. Control your phone instead of allowing it to control you.

You could even spend your weekends or certain days of the week phone-free. Doing this will give you a more genuine mindset and could even decrease your stress level significantly.

You won't have to answer it every time it beeps; you won't spend the majority of your time on social media.

Instead, do something fun that isn't brought on by technology. Ride your bike, go for a walk, or grab a good book. It is possible to enjoy yourself outside of social networks.

There is a you outside of your cellphone, and maybe it's time to reintroduce yourself to the person you were before upgrading to the latest iPhone or Android. Set the phone aside and make time for yourself.

Disconnect your life from technology momentarily, and discover all the wonders the world has to offer.

Read more opinions at alestlelive.com

Letter to the editor: Need answers for Planned Parenthood procedures

Abortion produces strong opinions — it strikes at the hearts of many local readers as well.

Jeremy Plank SIUE Alumnus; Options Now Board Member

Since July 14, when the first in a series of undercover videos was released exposing the stomach churning practices at Planned Parenthood, there have been many worthy headlines in national newspapers.

This issue only seems to find a subsection deep inside American news outlets. Its severity warrants more direct attention from our national journalist class.

We see almost a daily list of new questions regarding the status of Hillary Clinton's email server. Are these questions relevant for front page attention? Yes.

However, the ongoing practices of Planned Parenthood also deserve their day in the sunlight of front page coverage. We deserve a vivid discussion about the

alarming practices.

We have readdressed many major issues once debated (often thought settled) by previous generations. Some of the issues include slavery, suffrage, civil rights and the death penalty.

With the advances in technology, among other things, this issue also deserves to be readdressed.

Does the law supersede the beating heart of a baby inside [his or her] mother's womb?

Should our government compel taxpayers to subsidize ending life, given that we now

know when a baby boy/girl has their first heartbeat?

Why are various death penalty methods considered inhumane, but using chemical "feticide" methods for abortion considered societally acceptable?

Many questions regarding procedures used in Planned Parenthood deserve front page attention. As taxpayers, compelled by our government to send our money to Planned Parenthood, we deserve answers.

For more letters to the editor, visit alestlelive.com

Do you consider iPhones the best smartphones in the market, or are you avid on Android?

Answer our poll at www.alestlelive.com.

SPORTS

Thursday, September 10, 2015

www.alestlelive.com

The Alestle // 9



| Graphic by Lauren Lowe / Alestle Graphics Manager

Cross Country

Sept. 4 (Charleston, Ill.)

ElU Walt Crawford Open

Sept. 11 (Normal, Ill.)

Country Financial ISU Invite

Oct. 3 (SIUE)

SIUE John Flamer Invite

Oct. 16 (Peoria, Ill.)

Bradley Pink Classic

Oct. 31 (Murray, Ky.)

OVC Championships

Nov. 13 (Lawrence, Kan.)

NCAA Midwest Regionals

Nov. 21 (Louisville, Ky.)

NCAA Championships

Volleyball

Sept. 4-5 (SIUE)

Cougar Classic

Sept. 11-12 (Kansas City)

Kangaroo Classic

Sept. 19 @ 12 p.m.

Cincinatti (away)

Sept. 25 @ 7 p.m.

Jacksonville St. (home)

Sept. 26 @ 2 p.m.

Tenn. Tech (home)

Sept. 30 @ 6 p.m.

Eastern Ill. (home)

Oct. 3 @ 12 p.m.

Tenn. St. (away)

Oct. 9 @ 7 p.m.

Austin Peay (away)

Oct. 10 @ 7 p.m.

Murray St. (away)

Oct. 16 @ 7 p.m.

Southeast Mo. (home)

Oct. 17 @ 2 p.m.

UT Martin (home)

Oct. 23 @ 7 p.m.

Murray St. (home)

Oct. 24 @ 2 p.m.

Austin Peay (home)

Oct. 30 @ 7 p.m.

UT Martin (away)

Oct. 31 @ 5 p.m.

Southeast Mo. (away)

Nov. 6 @ 6 p.m.

Morehead St. (away)

Nov. 7 @ 1 p.m.

Eastern Ky. (away)

Nov. 11 @ 6 p.m.

Eastern Ill. (away)

Nov. 14 @ 1 p.m.

Belmont (home)

Nov. 19-23 (TBA)

OVC Tournament

Continued improvements on the court help senior Kristen Torre gain confidence

JESSICA ORANIKA
Alestle Reporter

Senior elementary education major Kristen Torre, of Highland, has been selected for the Cougar Classic All-Tournament Team. Torre is a few weeks into her senior year playing Cougar volleyball. She has been playing volleyball for as long as she can remember.

Her mother, who was a collegiate volleyball player, instilled an early love for the sport into Torre and her siblings, which contributed to her current success. Torre has many childhood memories of watching her older siblings play volleyball outside with their mother.

"I grew up with my sister and my brothers always playing with my mom outside. I started playing YMCA volleyball in second or third grade and have loved it ever since," Torre said.

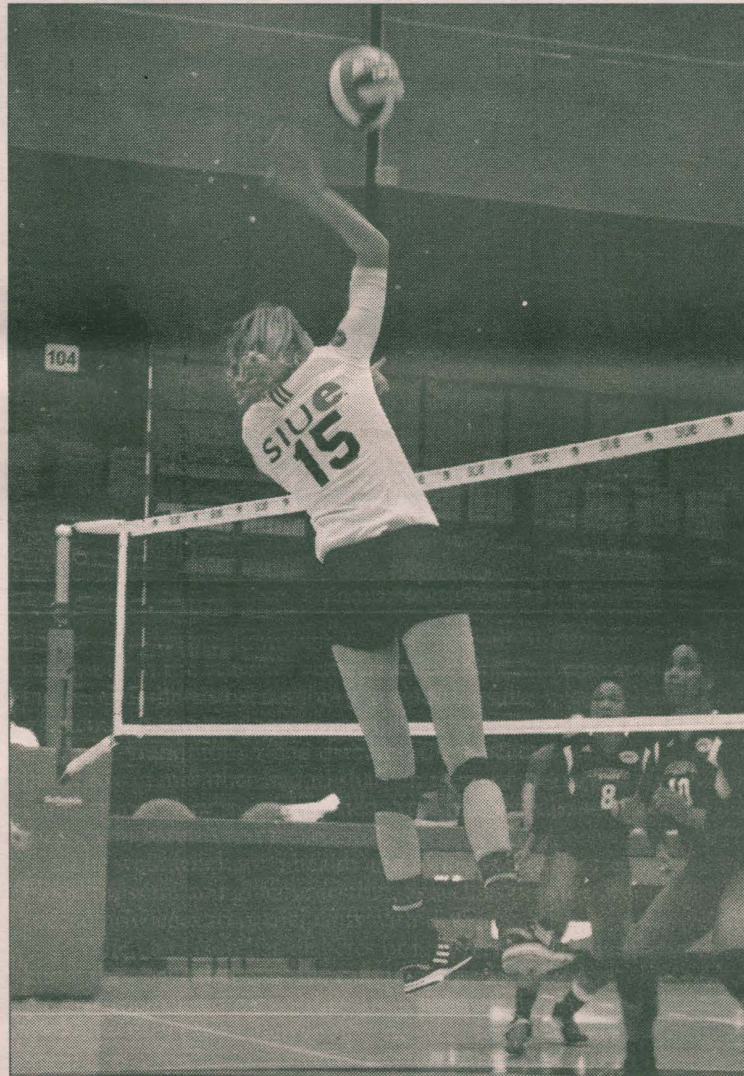
Torre said she was always sure that she wanted to play volleyball in college. She said that she was excited during her senior year at Highland High School when SIUE began to scout her. It was instantly clear that SIUE was the school for her, while her twin sister headed down to the University of Western Florida to play the sport that they both love.

"Ever since I was young, I knew that I wanted to play in college. Going into my senior year [of high school], SIUE saw me and recruited me, and immediately I knew that was where I wanted to go," Torre said. "I loved the coach's energy and her passion for the team. I fell in love with her and the program right away."

Torre says that her position is an exciting one — it's the main position she has been playing since she began the sport, so she has had many years to hone her skill. At 6 feet 2 inches, she feels that this position is the best one for her and she enjoys getting blocks and kills.

"I play middle blocker. So, I'm in charge of front row blocking. I've played middle [blocker] ever since I started playing volleyball. I like being in the front row along the net where all the action is. Getting big blocks and kills is always fun," Torre said.

Head coach Leah Johnson said



Senior Kristen Torre said her confidence on the court has grown since her first year playing for the Cougars. | Alestle file photo

Torre has been doing a great job in her position.

"[Torre] has always been a threat as an attacker and as a blocker," Johnson said.

With accolades including being the second person in SIUE history to be named All Ohio-Valley Conference, Torre's career at SIUE has held many accomplishments. She led the team with 393 kills last year and is entering her senior year less than 100 kills away from being the ninth person at SIUE to ever break into the 1000-kills club.

Torre believes that she has improved consistently from year to year. Her increase from an already impressive .263 hitting percentage in 2013 to a Division I record-breaking .340 in 2014 is a testament to this improvement.

"I think [my volleyball career] has gone really well. I think every year I've stepped up and met the new challenges that I've set for myself and that my coaches have set for me. I keep looking every year to exceed my expectations of myself and this program," Torre said.

Torre has set her sights on a conference championship this year. Her plan to make this goal a reality is for her teammates and herself to remain confident and get a little better every day.

"My goal for this season is obviously to win a conference tournament — that's our goal every year. To do this we need to build on our success from game to game and improve as a team in every single match we play," Torre said.

Torre said her increased confidence has given her the edge she has needed to become a superior player. Torre attributes her overall growth as a player to her teammates because of the continuous support they have given her.

"I think my confidence on the court has grown tremendously since freshman year — that has been a big factor in my success. I credit the whole team for how much I have grown as a player because they've all been there to support me and help me learn to be a better leader," Torre said.

Entering her senior year and last year playing collegiate volleyball, Torre is still just as fond of SIUE as she was four years ago.

"I've loved every minute of being a Cougar, and I loved what our program represents. The passion that everyone on our team has is incredible. Everyone is completely invested in the program and our team's success," Torre said.

One of the things that Torre said she likes about SIUE volleyball, is its focus on community servitude. She said that serving the community is mutually beneficial. According to Torre, not only do more people become aware of SIUE volleyball team, but the volleyball team is also more informed about community issues.

"One of our big things this year is service for the community. I think that's a great motto because it takes us from just the volleyball program and puts us into the community, making more people aware of us and making us more aware of things that are going on in the community," Torre said.

Torre is in SIUE's elementary education program and plans to begin her career as soon as possible after she graduates in May 2016.

"After graduating, I hope to find a teaching job. I'm looking at between first and third grade right now," Torre said.

Torre and the rest of the Cougars will compete this weekend against University of Nebraska-Omaha at University of Missouri-Kansas City on Friday, September 11th.

Jessica Oranika can be reached at joranika@alestlelive.com.

Cougar Classic Highlights

SIUE vs. University of Arkansas

Score: 3-0 Arkansas
(25-20, 25-18, 25-20)

SIUE stats:
Hitting percentage: .080
Blocks: 5.0
Digs: 17
Aces: 3

SIUE vs. Louisiana Tech

Score: 3-0 Louisiana
(25-21, 25-21, 25-21)

SIUE stats:
Hitting percentage: .009
Blocks: 3.0
Digs: 34
Aces: 3

SIUE vs. Northern Kentucky University

Score: 3-2 Northern Kentucky
(25-27, 25-21, 25-20, 18-25, 15-7)

SIUE stats:
Hitting percentage: .167
Blocks: 8.0
Digs: 45
Aces: 8

Men's Soccer**Sept. 4 @ 7 p.m.**

UMKC (home)

Sept. 6 @ 1 p.m.

Memphis (home)

Sept. 11 @ 9 p.m.

San Diego St. (away)

Sept. 13 @ 2 p.m.

San Diego (away)

Sept. 22 @ 7 p.m.

Wisconsin (away)

Sept. 26 @ 7:30 p.m.

Missouri St. (away)

Oct. 3 @ 7 p.m.

Central Ark. (home)

Oct. 6 @ 6:30

Butler (away)

Oct. 10 @ 6 p.m.

Northwestern (away)

Oct. 17 @ 7 p.m.

Evansville (home)

Oct. 24 @ 7 p.m.

Drake (away)

Oct. 31 @ 7 p.m.

Bradley (away)

Women's Soccer**Sept. 4 @ 7 p.m.**

UIC (away)

Sept. 6 @ 1 p.m.

Chicago St. (away)

Sept. 11 @ 7 p.m.

St. Louis (home)

Sept. 13 @ 1 p.m.

Western Ill. (home)

Sept. 18 @ 7 p.m.

Missouri St. (home)

Sept. 25 @ 7 p.m.

Southeast Mo. (away)

Sept. 27 @ 2 p.m.

UT Martin (away)

Oct. 2 @ 7 p.m.

Jacksonville St. (home)

Oct. 4 @ 1 p.m.

Belmont (home)

Oct. 9 @ 7 p.m.

Morehead St. (home)

Oct. 11 @ 1 p.m.

Tenn. Tech (home)

Oct. 18 @ 1 p.m.

Eastern Ky. (home)

Oct. 23 @ 3 p.m.

Murray St. (away)

Oct. 25 @ 2 p.m.

Austin Peay (away)

Oct. 29 @ 3 p.m.

Eastern Ill. (away)

Cougars shut out Chicago State 7-0 after overtime loss to UIC

DANI WILSON
Alestle Sports Editor

The women's soccer team ended the weekend with a 7-0 shutout against Chicago State University after a 1-point loss in overtime to the University of Illinois at Chicago. Head Coach Derek Burton said the weekend ended favorably.

"It would have been nice to come out on the winning end of both of them, but we got the win today, so it ended well; it ended on a positive [note]," Burton said.

The Cougars maintained a scoreless game for over 90 minutes Friday, Sept. 4, but allowed one goal during overtime play. Burton said the team set up a lot of goals but did not score.

"What got us to that position — first of all, to even get into overtime — was the fact that we didn't finish the chances that we created. We created a lot of quality chances in front of the net that we just didn't capitalize on, and in the end, it just came back to haunt us," Burton said. "If you let a team hang around — especially on their field — they gain confidence, and they took advantage [of] good opportunities they got and won the game in overtime."

Burton said the game showed some progress for the team that culminated in its shutout against Chicago State Sunday, Sept. 6.

"We continue to make progress in the way that we're creating chances and the amount of times we're creating chances in front of the goal, which is what we'd been lacking in the first couple games. Now we're creating chances. Friday we didn't finish them, today we did," Burton said.

we got a goal under our belts that we'd start to grow from that — have our confidence grow — and it did."

Senior goalkeeper Jennifer Pelley recorded her 24th career shutout with only one save throughout the game.

Burton said the shutout creates a great atmosphere leading into the Cougars' first home game of the season.

According to Burton, senior forward Katye Skrivan and sophomore offensive player Emily Grahl both had great performances in Sunday's game and created opportunities for both themselves and other players.

"[Skrivan and Grahl] really stood out today, and that's a great time because we need them to be stand-out players for us moving forward. I think today will give them both some confidence moving forward. They were both creating goals for others and scoring themselves, and that's great to see and great for us," Burton said.

Burton said the shutout creates a great atmosphere leading into the Cougars' first home game of the season.

"It's great, right? You end the weekend with a really good performance where you score some goals, and that leads into playing a cross-town rival at home for our home opener," Burton said. "That's exciting in and of itself, and I think we've found the way to get the ball in the back of the net. That gave us some confidence. We're looking forward to a good week of training and getting going at home at Korte Friday."

The Cougars face St. Louis University at Korte Stadium Friday, Sept. 11 at 7 p.m.

Dani Wilson can be reached at dwilson@alestlelive.com.

"We continue to make progress in the way that we're creating chances and the amount of times we're creating chances in front of the goal, which is what we'd been lacking in the first couple games."

Derek Burton
Women's Soccer Head Coach

The first two goals of the game against Chicago State were scored in the first few minutes of the game, giving the Cougars a competitive edge that carried them through the rest of the game, continuing to score.

"We made our goal to start the game fast and put our imprint on the game from the very beginning. We scored two goals in under two minutes and our confidence grew. We hadn't been scoring up to that point," Burton said. "I knew once

out the game. Burton said this was due to a whole team effort and an aggressive offense.

"I think if you can keep the ball from the other team, obviously, they can't score. You can call it good defense, which we did play; we had some good defensive moments all around the field today, but the fact is that if you have the ball, the other team doesn't. Good offense usually leads to a good defensive showing," Burton said.

Men's soccer falls in home opener

DANI WILSON
Alestle Sports Editor

The men's soccer team fell to the University of Missouri-Kansas City Kangaroos in a 2-0 game Friday, Sept. 4 at Korte Stadium, although the team had a season high of 17 shots on goal.

Head Coach Mario Sanchez said although the team had control for most of the game, it did not follow through into a win. Part of this, according to Sanchez, was due to a shot by senior forward Jabari Danzy that was disallowed.

"We played really well. It's a tough one to swallow because we dominated the game; we had opportunities ... it was a really weird game. We had a goal disallowed that should've been allowed — the guys played really well, so you deal with it and move on," Sanchez said.

The Kangaroos' two goals were both scored from corner kicks, which Sanchez said is a matter of the defense stepping up in order to stop the opposing plays.

"Again, as much as we were dominating on a corner kick, we have to be able to defend well and not give the other team a free chance, and really, those were their two chances they had and it came back to bite us," Sanchez said.

Sanchez said despite the Cougars' loss, they performed well, and this will benefit the team in future games.

"Looking at the positive [side], it's another chance we created. If we continue to create that many chances, I know we'll score goals and get wins," Sanchez said.

Sanchez said two outstanding performances against UMKC were by senior forwards Garet Christianson and Jabari Danzy.

"[Christianson] came back from an injury [and] played really well. [Danzy] continues to create a lot of good goal-scoring opportunities, so he continues to be a huge threat for us. I thought those two guys in particular were very good last night," Sanchez said.

Although the Cougars did not score, Sanchez said the team showed leadership in every part of the face-off against the Kangaroos.

"We dominated every aspect of the game except the scoreboard, and that's what it comes down to. They really worked hard — they did a lot of good things," Sanchez said.

Sanchez said one mishap took place when Danzy scored and the goal was not allowed by the officials. According to Sanchez, this would have changed the dynamic of the game.

"When Jabari scored, [it was] a really bad call, which, if he allowed it, 1-1 is a whole different game. We had a lot of momentum at that point, that was a tough one to swallow," Sanchez said.

The men played in more than 90-degree heat. Sanchez said substitutions were made often, however, the heat did not seem to affect the Cougars or their gameplay.

"We subbed a little bit more than we probably would've — made sure the guys stayed fresh — but I don't think the heat had any effect on the game whatsoever. The energy was good; our attitude was good. I was overall pleased with how we played," Sanchez said.

Dani Wilson can be reached at dwilson@alestlelive.com.



Sophomore goalkeeper Kyle Dal Santo in the game Friday, Sept. 4 at Korte Stadium.

| Photo by Christian Sykes/Alestle

**FOLLOW US
ON TWITTER
FOR EXCLUSIVE
COUGARS SPORTS
COVERAGE**



Blues broadcaster John Kelly visits SIUE

DANI WILSON
Alestle Sports Editor

St. Louis Blues broadcaster and SIUE alum John Kelly made a trip to SIUE Thursday, Sept. 3 to talk about his life and experience, as well as the Blues and their progress. Kelly also gave advice to students who wish to break into broadcasting and journalism careers as well.

Thank you, SIUE

Kelly said he started entering into the broadcasting world in middle school while announcing games in his school gym.

"I started to get the broadcasting bug [around], I'd say, junior high. I remember the first time I ever really announced a game. It was in seventh grade at Parkway North Junior High [School]. We were in the corner of the gym — some of my buddies and I — and we set up a table and got a tape recorder, and we broadcast the basketball game of the ninth grade team," Kelly said.

Although he practiced by covering his school's games, Kelly said he did not pay much mind to his schoolwork.

"I would continue to do things like that through high school, but I'll be honest with you — I was not a great student. I was probably a C or B minus student in high school, and I wanted to go to Mizzou in the journalism school ... but my grades weren't good enough," Kelly said. "So I went to Meramec, and I went to junior college. I had to learn [how] to be a better student and work harder."

Kelly's father was well-known broadcaster Dan Kelly, most recognized for his longtime coverage of the St. Louis Blues. John Kelly spent most of high school going with his father to games and assisting him, as well as working for the Blues.

"At the same time, while I was in junior college, I was working for the Blues in the PR department during the day, and at night I would work in the press box for the coaches. I would sit up there and track base time for the players and stats and things like that," John Kelly said. "Those are some of the things that I did to be around the game of hockey. I would work for my dad at times in the booth. He did a lot of football games, and baseball, and I would spot for him in football."

John Kelly transferred to SIUE in 1980 and began working at WSIE. He credits his work at SIUE with teaching him the most about broadcasting.

"After those years at Meramec, I finally got my act together, and I applied for SIUE and was accepted around 1980. This is where I learned to be a broadcaster," John Kelly said. "WSIE, at that time, allowed the students to broadcast as many games as they wanted.

We could do sportscasts, news-casts — anything we basically wanted. I got to work with a lot of really good people in my days in the early '80s."

John Kelly said his experiences in school allowed him to make the mistakes he needed to make and furthered his broadcasting experience.

"Even though I had a father as a famous broadcaster, I wasn't going to be a broadcaster just because of my last name. It took literally hundreds of games and hundreds of hours of making mistakes. You've got to be creative, and you've got to work hard at it," John Kelly said. "In a nutshell, I don't think I would've made it to pro hockey, let alone the NHL, if I hadn't had two and a half years at [SIUE]. There's no question in my mind."

Using his work at WSIE as an example, John Kelly said the best advice he has for students who desire to break into journalism careers is to gain experience by working wherever possible.

"It was the ultimate training ground. You have to go to school. You have to go to class. You have to get your degree, but ultimately, to become a broadcaster, you have to work. You have to be willing to work for free and do a lot of things that give you practical experience," John Kelly said. "Do as much as you can. Volunteer as much as you can, because there's nothing better than practical experience."

Family matters

One of John Kelly's stories during his talk was about his father. John Kelly said one of his fondest memories with his father took place in the late '80s while John Kelly was working for the New York Rangers.

"The second game I ever did in the NHL was here in St. Louis at the old arena, and one booth over was my father. I know that he was very proud that night — that he was announcing next to his son — and I was very proud to be announcing next to him," John Kelly said.

This game preceded Dan Kelly's cancer diagnosis by just a few weeks. John Kelly said his father asked him to cover a Blues game with him.

"Unfortunately, a few weeks later he was diagnosed with terminal cancer. We knew it was bad, [but] he continued to work. This was in late October, and then in mid-November he continued to get worse," Kelly said. "One day he called me up — the Rangers were playing the Flyers in Philadelphia, and two days later the Blues were playing the Flyers. So I was doing the game, and he said 'Why don't you just stick around and you can come to the Blues game with me.'"

John Kelly said this game was

particularly memorable because he got to see his father's dedication to broadcasting and to hockey.

"I'll never forget the game in Philadelphia, though. I think the date was Nov. 17, 1988. He had started his chemo and radiation. We had got to the game ... there was no elevator to the press box. There [were] ten flights of stairs," John Kelly said. "I remember vividly walking next to him, holding his briefcase. He would walk up 10 stairs and pause and rest, 10

"As a matter of fact, that was the last ever road game my father ever broadcast. He only broadcast one more home game, and then he passed away in February of [1989]," John Kelly said.

After his father's death, John Kelly received a job broadcasting for the St. Louis Blues. He worked for the Blues beginning in 1989, and after a few other moves throughout those years, was back to covering the Blues in 2004. John Kelly remained with the Blues after that.

John Kelly said. "Last year, losing to Minnesota, I still don't know what happened there. I think they're a better team than Minnesota; they just didn't perform, and it's the old adage in sports: 'If your team's best players don't outperform the other team's best players,' whether it's hockey or baseball or whatever, 'you're not going to win.'"

After the Blues' player trades and changes made in the offseason, John Kelly said there are high hopes for the team's continued development.

"They have made some changes this summer; they've brought in a couple of new players ... hopefully mixing things up will enable the Blues to do better and go deep and hopefully win a Stanley Cup. To say that they're due is an understatement," John Kelly said.

John Kelly said throughout his experiences, both with his father and his own work, he has observed many changes in the game of hockey.

"I think it's changed a lot. I think it changes every decade. Nowadays, I think the game has evolved to — it's a lot like football now. I'm not saying that hockey players are scripted, but it's very over-coached. The players have to play an exact system," John Kelly said. "That's why you can go to a game nowadays, and you might not even see a breakaway. You might only see one odd man rush a night. The players are so well coached that they're almost robotic. Having said that, the players are better athletes than they were; they're faster and stronger, but that's why it's so challenging to score goals."

Dani Wilson can be reached at dwilson@alestlelive.com.

"In a nutshell, I don't think I would've made it to pro hockey, let alone the NHL, if I hadn't had two and a half years at [SIUE]."

John Kelly
St. Louis Blues broadcaster

more stairs, pause and rest, until he finally made it to the top. This [was] pretty incredible. Here's a guy that's been broadcasting in the NHL for 30 years [and] he's sick; he doesn't have to be here, but he's dedicated, he had a job to do. He loved the Blues and he loved the game of hockey."

During the second period of this game, Dan Kelly asked his son to call the play-by-play for the Blues. John Kelly said the experience allowed him to work beside his father for the first time.

"That was the only time in my career that I've ever worked with my dad. It's a night I'll remember," John Kelly said.

John Kelly followed by saying that his father died in February of 1989.

Talking hockey

John Kelly said the Blues team, both the athletes and the news team, are great.

"I feel we have a fantastic team — a broadcast team and a team on the ice," John Kelly said.

John Kelly had high compliments for the Blues, and addressed concerns about the team's performance in the playoffs.

"I will say that the Blues have an excellent team. I really felt two years ago they might've had a better team than they had last year ... two years ago, they had half their team hurt at the end of the year. Even having had that happen, they still won the first two games in the playoff series,"

CAMPUS RECREATION

FOLLOW US @
SIUE CAMPUS REC



618.650.2348

FREE FITNESS ASSESSMENT

Tests your current fitness level, providing baseline measurements to help you create a plan and achieve your fitness goals.

[618] 650-2935

Call the Wellness Center to set up an appointment today!

Sand VOLLEYBALL TOURNAMENT

SEPTEMBER 25TH
3PM @ Bluff Hall

Register online
BEFORE SEPT. 24TH
IMLEAGUES.COM/SIUE



FOR MORE INFORMATION CONTACT
CRISPAN MALDONADO
(618) 650.3274 | CMALDON@SIUE.EDU



SIUE.EDU/CREC

7V7 FLAG FOOTBALL LEAGUE
MENS, WOMENS & CO-ED TEAMS

LEAGUE BEGINS
SEPT. 20TH
@ REC PLEX FIELDS

\$25
Registration Fee
per Team

REGISTER
ONLINE AT
IMLEAGUES.COM/SIUE
BY SEPTEMBER

QUESTIONS?
CONTACT
CRISPAN MALDONADO
CMALDON@SIUE.EDU
618.650.3274

SIUE
Campus Recreation

DESIGNED FOR LIFE

Men's Golf

Sept. 13-14 (Normal, Ill.)
Illinois State D.A. Weibring Intercollegiate

Sept. 18 (SIUE)
SIUE Alumni Match

Sept. 21-22 (Dakota Dunes, S.D.)
South Dakota Coyote Classic

Sept. 28-29 (SIUE)
SIUE Derek Dalenc Invitational

Oct. 5-6 (Des Moines, Iowa)
Drake University Zach Johnson Invitational

Oct. 12-13 (Overland Park, Kan.)
UMKC Bill Ross Invitational

Women's Golf

Sept. 14-15 (Paducah, Ky.)
Murray State Jan Weaver Invitational

Sept 21-22 (Dakota Dunes, S.D.)
South Dakota Coyote Classic

Oct. 5-6 (Indianapolis, Ind.)
Butler Fall Invitational

Oct. 19-20 (Dayton, Ohio)
Dayton Fall Invitational

Oct. 26-27 (Evansville, Ind.)
Evansville Charles Braun Intercollegiate

8			7	1	5			4
		5	3		6	7		
3		6	4		8	9		1
	6			5			4	
			8		7			
	5			4			9	
6		9	5		3	4		2
		4	9		2	5		
5			1	6	4			9



@THEALESTLE

FOLLOW US
ON TWITTER



@THEALESTLESPORT

Don't miss SIUE DAY 2015

10 a.m. - 2 p.m.

September 14-18, 2015

MUC - Goshen Lounge

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE
FOUNDATION

Monday 9.14.15 THE EDGE

Stop by to check out Edwardsville's newest and most popular off-campus student living community! Free T-Shirts and promo items!

theedgestudentliving.com

Tuesday 9.15.15 ENCLAVE

Check out Enclave, the premiere student housing provider in Edwardsville. Stop by to learn more about our property, grab some free promo items, and enter our raffle to win a Yeti cooler!

enclaveinfo.com

Tuesday 9.15.15 REGIONS

Who wants to earn some extra cash?

Stop by our booth for details on how you can earn \$500!

Ask us about our awesome, FREE student checking account, mobile banking and how to begin establishing your credit.

regions.com

Tuesday 9.15.15 SIUE Credit Union

Pay it forward the credit union way! Do something kind for a stranger and share a People Helping People card with them. Once you've given someone a card, ask them to visit the SIUE Credit Union booth on SIUE Rally Day and enter to win a \$100 Visa gift card.

siuecu.org

Wednesday 9.16.15 WILDFLOWER SHOP

The first 75 faculty, staff or students to stop by A Wildflower Shop Inc. will receive a FREE rose! Enter for a chance to win Bouquet of the Month Club for 3 months (\$165) value.

awildflowershop.com

Wednesday 9.16.15 SCOTT CREDIT UNION

Visit our booth to play SCU Baggio and win Chef's Shoppe popcorn or a color-changing cup while supplies last!

While you're there, ask about the Scott Credit Union Cougar Pride Special and receive a coupon for a \$50 Visa gift card. Simply present the coupon when you open a savings and checking account, and we'll give you a \$50 Visa gift card when you sign up for a debit card at our Edwardsville Branch (1067 S. State Route 157, next to Bella Milano).

scu.org

Wednesday 9.16.15 T-Mobile

Visit us at our T-Mobile booth for a chance to win exciting giveaways! We will also be available that day to answer any cell phone questions you may have.

t-mobile.com

Wednesday 9.16.15 Edison's

Stop by our booth for FREE bowling, laser tag and arcade passes. PLUS, sign-up for a chance to win \$100 toward a party at Edison's!

Located just 3 miles from SIUE, Edison's offers a full-service restaurant and bar plus 12 lanes of boutique bowling, a 3,500 square-foot laser tag arena and 50-game arcade; 5 private rooms for parties, meetings, and more. Edison's also offers 3 easy fundraising programs, team trivia nights and budget-friendly pricing 7 days a week.

STUDENT SPECIAL: \$5 UNLIMITED bowling or laser tag after 10 p.m. on Fridays & Saturdays in September & October...or get both for just \$10!

edisonsfun.com

Wednesday 9.16.15 The UPS Store

SIUE faculty, staff and students will receive 10% off all UPS services including shipping, printing, postal services and mailboxes.

theupsstorelocal.com/2710

Thursday 9.17.15 Williams Computer Services

Visit our booth and register for a drawing to win a FREE, HP 1512 Printer. FREE pens and flashlights available too! Ask about our new and exciting Student Laptop Lease Program (also available to faculty and staff)!

wilcomp.net

Thursday 9.17.15 1st MidAmerica Credit Union

1st MidAmerica Credit Union has a branch in Edwardsville located on Troy Road. Stop by our branch to meet our AWESOME staff and to open a Velocity Account tailored for university students!

Like free stuff?

Stop by to play PLINKO for your chance to win travel mugs, phone chargers, candy and much more!

Enter to win a 10" TABLET and a \$100 VISA gift card! Prizes awarded same day!

1stmidamerica.org

Thursday 9.17.15 GCS CREDIT UNION

Stop by the GCS booth. Enter to win \$250 CASH!

Ask for more CASH BACK. Free Kasasa Checking gets you 2% cash back on everyday debit card purchases.

Also, ask about our Student Success Account Package that rewards you in iTunes and Amazon Gift Cards.

Bring your friends and hop in our FREE photo booth!

myGCScu.com

Friday 9.18.15 First To The Finish

The first 70 people to stop by First to the Finish will receive FREE sunglasses! Also, enter for chances to win \$100, \$50, \$25 gift certificates.

firsttothefinish.com



THE ALESTLE IS HIRING

BIG PICTURE THINKERS
INVESTIGATORS
SOCIAL MEDIA MASTERS
JOURNALISTS
EDITORS
WORD SMITHS

Come down to
Morris University Center
Room 2022